

Resources *for* Living®

Caregiver tips

Many people care for a partner, a parent, a friend, or a family member who has a disability or illness. Caregiving can be a rewarding experience. But caregiving can also be stressful.

There are three steps to being a good caregiver:

Take care of yourself.

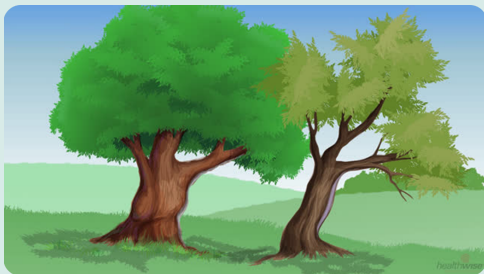
Exercise regularly, get proper rest and nutrition, and have regular medical checkups. And take time off to take part in pleasant, nurturing activities.

Don't help too much.

Help the person you care for to be as independent as possible. For example, let the person make as many decisions as possible.

Ask for help.

Accept support from others. A helping hand at the right time can make all the difference. For example, ask family or friends to pick up a few items at the grocery store.



Caregiving: Take care of yourself too

[Watch this video for tips on caregiving](#)

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2894963-10-01-RFL (01/24)